



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2013/2014 Number 16  
14 January 2014



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### TIM'S WALKER OF THE WEEK

This week, my Walker of the Week goes to 16 year old Melbourne walker **Adam Garganis** who walked a big PB of **13:23.5** on Saturday in the Athletics Victoria Shield **3000m**. Adam, who competes for Collingwood Harriers, is a multi talented athlete who excels in the pole vault as well as a walker.

Adam walked 48:06 for 10km last month at Fawkner Park and this latest PB indicates that he is on target for even better times in the near future. Just back from our VRWC Falls Creek training camp at Falls Creek, he has obviously benefited from the 2 weeks at altitude and has started off his new year in the best possible way.



**Adam in action on the track earlier this summer**

### WHAT'S COMING UP

The **Athletics Victoria Shield** competition continues on next **Saturday 18<sup>th</sup> January** with Round 7 of competition. Venues are as shown below and all walkers will be contesting 2000m track walks.

- AV Shield Blue Zone Round 7, Lakeside Stadium, Albert Park
- AV Shield Red Zone Round 7, Meadowglen International Athletics Track, Epping
- AV Shield White Zone Round 7, Bill Sewart Aths Track, Burwood
- AV Shield Yellow Zone Round 7, Mooney Valley Athletics Centre, Essendon
- AV Shield Ballarat Zone Round 7, Llanberris Reserve, Ballarat
- AV Shield Bendigo Zone Round 7, La Trobe University Bendigo
- AV Shield Geelong Zone Round 7, Landy Field, Geelong

Then **Sunday 19<sup>th</sup> January** sees our next **VWRC roadwalks** for the summer. It also sees us hosting the annual **AV 5km Roadwalk Teams Championships** at Middle Park. The timetable reads as follows

<b>Sunday 19<sup>th</sup> January 2014, AV and VRWC Events</b>		<b>Middle Park</b>
8.30am	20km, 15km, 10km	Open
<b>9:30am</b>	<b>AV 5km Teams Championship</b>	<b>Open Men</b>
	<b>AV 5km Teams Championship</b>	<b>Open Women</b>
	5km, 3km	Open
	3km	Under 15
10.00am	2km	Under 12
	1km	Under 9

If you haven't entered the AV 5km Teams Championships yet, you need to enter ASAP as I expect that AV will lock entries down in the next day or so. See their entry panel at <http://www.athsvic.org.au/events/detail/2014-av-walks-series-5km-team-walk>. You enter as an individual. Once 3 male or 3 female walkers from your club have entered, you have a team. If more than 3 enter, the first 3 across the line count towards the team performance. For all other VRWC races, you can enter on the day.

The **Victorian Country T&F Championships** are in Ballarat over the Australia Day long weekend, 24-26 January. Again, entries are via AV - see <http://www.athsvic.org.au/events/detail/2014-victorian-country-championships>. **Entries close on 14<sup>th</sup> January** (that's tonight at midnight) so don't delay. Remember that metropolitan athletes can also compete by invitation by filling in the entry form.

The **Australian Roadwalk Championships** will be held in Hobart on Sunday 2 February. This meet will also include the 2014 World Walking Cup U20 10km trial so our top junior walkers will also be in action. You must enter this via Athletics Australia - see [https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display\\_event\\_registration\\_step1&MeetID=1068&OrgID=887](https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1068&OrgID=887). Entries are now open and will **close on Mon 17<sup>th</sup> January**. This event also hosts the Oceania Racewalking Cup in which Australian U23 and U20 teams compete against New Zealand Open and U23 teams. The Australian team will be selected from those walkers who enter and who have bettered the team qualifying standards - see <http://www.rwa.org.au/aevents-2.shtml> for further details.

#### SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 8 JANUARY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide - a mild evening with a light breeze.

##### 1 mile walk

1.	Kim Mottrom	6:51		
2.	Justin Hill	7:54		
3.	Troy Hooker	8:16		
4.	Rhiannon Lovegrove	8:44		
5.	Jack Russell	8:55	M61	78.82%
6.	Mark Worthing	9:13	M51	69.54%
7.	Marie Maxted	10:04	W53	69.29%
8.	Graham Harrison	10:52	M70	71.44%
9.	Helen Suridge	11:19	W62	67.19%
10.	Rodger Barber	11:43	M75	70.63%
11.	James Hoare	11:52	M67	63.16%
12.	Leigh Smith	12:00	M78	71.90%
13.	Colin Hainsworth	12:26	M84	76.13%
14.	Mathew Anderson	13:16	M42	44.84%
15.	Edna Bates	13:18	W61	56.56%
16.	Jill Rogers	13:21	W69	61.82%
17.	David Robertson	13:21	M80	66.56%

##### 3000m walk

1.	Kim Motttram	13:33		
2.	Justin Hill	14:49		
3.	Troy Hooker	17:14		
4.	Marie Maxted	19:39	W53	68.20%
5.	Graham Harrison	20:42	M70	71.10%
6.	James Hoare	21:32	M67	65.98%
7.	Bill Starr	22:12	M71	67.13%
8.	Richard Moyle	22:17	M58	58.05%
9.	Rodger Barber	22:23	M75	70.13%
10.	Linda Whitelaw	22:28	W59	63.29%
11.	Leigh Smith	22:40	M78	72.25%
12.	Colin Hainsworth	23:29	M84	76.60%
13.	Paul Boyce	24:53	M77	64.87%
14.	Edna Bates	25:33	W61	56.88%

Colin tells me that this week's competition has been cancelled - the next few days in Adelaide are all forecast to be over 40°C (same for Melbourne - it is 43°C today as I write this).

#### ACT WALKING CLUB TRACK WALKS, AIS TRACK, BRUCE, THURSDAY 9 JANUARY

Thanks to Robin Whyte for the latest results from Canberra. Ian Rayson led from the front with a fast 11:50 while Jillian Hosking continues her comeback and recorded a good 13:58.

##### 3000m Walk

1.	Ian Rayson	11:50
2.	Jillian Hosking	13:58
3.	Thomas Hopkins	15:35
4.	Callum Burns	15:42
5.	Damien Owen	15:59
6.	Emily Hopkins	17:57
7.	Karina Hopkins	18:29

##### 1500m Walk

1.	Laura Burns	08:02
2.	Peter Baker	08:12
3.	Elizabeth Henderson	09:25
4.	Chelsea Rogic	09:50
5.	Sophie Rogic	11:42
6.	Robert Kennelly	11:51

8.	Jordan Bardsley	18:54
9.	Mick Saunders	19:36
10.	Rod Gilchrist	20:31
11.	Robyn Saunders	21:45
12.	Jennifer Gilchrist	21:45
	Elizabeth Hosking	DNF

### AV SHIELD RESULTS, SATURDAY 11 JANUARY 2014

Athletics Victoria Shield competition continued last Saturday with all 7 regions in action across Victoria. A total of 124 walkers contested the 3000m and 1500m walks on offer in generally warm but overall good conditions.

#### AV Shield Round 6 - Red Zone, Meadowglen Athletics Track, Epping

Adam Garganis 13:23.5, Aaron McDonough 14:11.6 and Eliza Clark 14:16.4 all recorded good PBs in the 3000m walk at Epping in hot conditions. Emmett Brasier was also in fine form in the 1500m, winning with 6:21.2.

#### Mixed 3000 Meter Race Walk

1.	Garganis, Adam	M16	COLLINGWOOD	13:23.5	PB 0:17
2.	McDonough, Aaron	M41	PRESTON AC	14:11.6	PB 0:07
3.	Clarke, Eliza	W13	DIAMOND VALLEY AC	14:16.4	PB 0:55
4.	Hawkins, Trenton	M34	PRESTON AC	15:11.8	
5.	Smyth, David	M44	COLLINGWOOD	15:53.1	
6.	Collis, Hugh	M13	DIAMOND VALLEY AC	17:16.0	
7.	Armstrong, David	M58	DIAMOND VALLEY AC	17:43.1	
8.	Clarke, Patrick	M45	DIAMOND VALLEY AC	17:43.4	
9.	Elms, Donna	W52	PRESTON AC	18:21.6	
10.	Gardiner, Bob	M77	COLLINGWOOD	18:37.7	
11.	Patti, Adrian	M33	DONCASTER AC	19:20.2	
12.	Quinn, Karen	W49	DIAMOND VALLEY AC	20:28.7	
13.	Garganis, Clare	W43	COLLINGWOOD	21:33.2	
14.	Campbell, Donna	W23	PRESTON AC	25:36.3	

#### Mixed 1500 Meter Race Walk

1.	Brasier, Emmet	M15	DIAMOND VALLEY AC	6:21.2
2.	Collis, Lauren	W15	DIAMOND VALLEY AC	7:43.9
3.	Owen-Smith, Chelsea	W13	DIAMOND VALLEY AC	8:46.8
4.	Owen, Cooper	M15	DIAMOND VALLEY AC	8:47.4
5.	Wright, Ethan	M12	WHITTLESEA CITY AC	8:48.7
6.	Laufer, Josephine	W14	COLLINGWOOD	9:25.9
7.	Walburg, Kirsten	W15	DONCASTER AC	9:27.3
8.	Lui, Yuan Chow	M14	DONCASTER AC	9:36.3
9.	Derrett, Lucinda	W12	DIAMOND VALLEY AC	9:38.8
10.	Camilleri, Brent	M12	DIAMOND VALLEY AC	9:44.4
11.	Wright, Leah	W13	WHITTLESEA CITY AC	9:57.8
12.	Grenade, Christopher	M11	PRESTON AC	10:13.9
13.	Rudston-Brown, Caitlyn	W12	WHITTLESEA CITY AC	10:20.8
14.	Tuck, Keisha	W12	PRESTON AC	10:24.4
15.	Laufer, Beatrice	W11	COLLINGWOOD	10:53.2
16.	Boylen, Adele	W14	COLLINGWOOD	11:03.2

#### AV Shield Round 6 - Blue Zone, Casey Fields, Cranbourne East

Reese Walmsley 14:13.8 and Stephanie George 15:23.5 took line honours in the 3000m at Casey Fields while Nikola Mandic was the fastest over 1500m with 7:34.4.

#### 3000m Walk

1.	Reese Walmsley	MU16	KNA	14:13.8
2.	Stephanie George	WU18	SCA	15:23.5
3.	Simone McInnes	WOP	GHY	16:32.8
4.	Rebecca Henderson	WU14	CCA	16:54.2
5.	Paige De Lisen	WU16	KNA	17:22.2
6.	Marlene Gourlay	W60+	VMA	18:20.4
7.	Bianca Attard	WU20	KNA	19:10.5
8.	Anand Thillaisundaram	MOP	MEN	19:11.1
9.	Gwen Steed	W60+	VMA	19:33.2
10.	Geoff Barrow	MOP	MEN	19:36.1
11.	Anthony Doran	MOP	GHY	20:01.6

12.	Philip Hutton	MOP	GHY	20:02.1
13.	Michaela Attard	WOP	KNA	20:52.2
14.	Kuniko Bowden	WOP	MEN	20:54.8
15.	John Morrison	MOP	SAN	21:00.6
16.	Frances Halton	WOP	CCA	21:15.0
17.	Dorn Jenkins	WOP	MEN	23:41.2
18.	Anna Petrakos	WOP	MEN	23:54.2

#### 1500m Walk

1.	Nikola Mandic	MU14	CCA	7:34.4
2.	Corey Dickson	MU14	KNA	7:53.3
3.	Jessica Lillie	WU16	KNA	8:45.1
4.	Hayden Walmsley	MU14	KNA	9:02.0
5.	Brianna Lillie	WU14	KNA	9:21.4
6.	Daina Kasperaitis	WU16	MEN	11:30.2
7.	Jessica Welford	WU16	MEN	11:33.2

#### AV Shield Round 6 - White Zone, Proclamation Park, Ringwood

Lucas Taylor 14:59.5 and Kyle Swan 7:31.8 were the fastest walkers at Ringwood on Saturday. Sandra Geisler also walked strongly for 15:35.1. We also welcomed Qld walker Mikaela Woodward who was second in the 1500m with 7:47.0.

#### Mixed 3000 Meter Race Walk

1.	Taylor, Lucas	M17	YARRA RANGES	14:59.5
2.	Geisler, Sandra	W36	RINGWOOD AC	15:35.1
3.	Laurie, Natalie	W22	ATHLETICS NU	16:33.1
4.	Irshad, Kylie	W42	SOUTH COAST	17:14.7
5.	Riddoch, Clyde	M60	ATHLETICS WAVERLEY	17:59.0
6.	Garside, Emilie	W18	CROYDON AC	19:44.6
7.	Swan, Emily	W16	ATHLETICS NU	20:16.1
8.	McCann, Adam	M37	ATHLETICS NU	21:19.5
9.	Sofianos, Gerald	M64	ST KEVINS AC	21:29.5
10.	Worsnop, Chris	M56	OLD XAVERIANS AC	21:53.7
11.	Benke, Geza	M57	OLD MELBURNI	22:29.3
12.	Molnar, Jo	W52	ATHLETICS WAVERLEY	22:58.5
13.	Albiston, Simone	W47	ATHLETICS WAVERLEY	26:45.3

#### Mixed 1500 Meter Race Walk

1.	Swan, Kyle	M14	ATHLETICS NU	7:31.8
2.	Woodward, Mikaela	W14	UNATTACHED	7:47.0
3.	Schwerkolt, Zoe	W15	BOX HILL AC	8:54.0
4.	Taylor, Lee	W12	YARRA RANGES	9:31.4

#### AV Shield Round 6 - Yellow Zone, Lakeside Stadium, Albert Park

Jesse Osborne and USA guest Erin Taylor-Talcott soon left the rest of the field behind at Lakeside Stadium, Jesse increasing his pace as he wanted to record 12:39.5 and Erin hanging on well for 14:14.3. I had my best time for years but could not hold onto a fast finishing Paul Kennedy. There is always next week! The 1500m walk saw Lachlan Feain fastest with 8:28.1 and a great battle between Julia Irons and Gabby Crea in the girls' race.

#### 3000m Walk Men

1.	Osborne, Jesse	18	ATHLETICS ESSENDON	12:39.5
2.	Donahoo, Mark	55	ATHLETICS ESSENDON	15:19.0
3.	Kennedy, Paul	56	KEILOR ST BE	15:51.1
4.	Erickson, Timothy	63	COBURG HARRIERS AC	15:59.8
5.	Feain, Gerard	50	KEILOR ST BE	16:05.0
6.	Knox, Duncan	54	ATHLETICS ESSENDON	17:46.3
7.	Wellington, Shea	16	KEILOR ST BE	18:38.7
8.	Keighery, Peter	47	KEILOR ST BE	20:06.5
9.	Dunstone, Phillip	45	WESTERN ATHL	20:49.9
10.	Wright, Stephen	46	COBURG HARRIERS AC	26:24.3
11.	Rickard, Ian	57	BRUNSWICK AC	27:02.5

#### 3000m Walk Women

1.	Taylor-Talcott, Erin	35	INVITES	14:14.3
2.	Share, Bianca	29	KEILOR ST BE	18:39.9
3.	Shaw, Robyn	52	WESTERN ATHL	19:12.7
4.	Campbell, Rebecca	16	ATHLETICS ESSENDON	19:42.5
5.	Ireland, Roslyn	30	BRUNSWICK AC	22:20.3
6.	Gunn, Nicole	34	KEILOR ST BE	22:24.8

7.	Hodgart, Janice	50	WESTERN ATHL	23:13.3
8.	Francken, Joanne	41	WESTERN ATHL	23:46.9
9.	Spiteri, Kelly	40	COBURG HARRIERS AC	23:50.5
10.	Ireland, Olive	53	BRUNSWICK AC	24:56.6

#### 1500m Walk Boys

1.	Feain, Lachlan	14	KEILOR ST BE	8:28.1
2.	Sykes, Dominic	12	KEILOR ST BE	10:40.0
3.	Masini, Daniel	12	WESTERN ATHL	10:55.9
4.	Knox, Christian	10	ATHLETICS ESSENDON	11:54.9
5.	Kapetanovic, Ethan	9	INVITES	12:20.2
	Masini, Nicholas	14	WESTERN ATHL	DQ

#### 1500m Walk Girls

1.	Irons, Julia	15	KEILOR ST BE	8:39.5	
2.	Crea, Gabriella	14	ATHLETICS ESSENDON	8:40.9	PB 0:02
3.	Matthews, Rhiannon	12	KEILOR ST BE	9:02.8	PB 0:13
4.	Feain, Madeleine	15	KEILOR ST BE	9:26.0	PB 0:28
5.	Irons, Elaine	13	KEILOR ST BE	9:51.8	
6.	Cahir, Phoebe	16	KEILOR ST BE	10:08.2	
	Tonelli, Ashley	9	KEILOR ST BE	DQ	
	Kapetanovic, Emily	14	KEILOR ST BE	DQ	

Thanks to Peter Ryan for the following photos from the Lakeside Stadium Shield competition.



The 3000m walk gets underway



Jesse Osborne, Erin Taylor-Talcott and Mark Donahoo lead out





**Gerard Feain, Paul Kennedy, Tim Erickson, Rebecca Campbell, Robyn Shaw and Duncan Knox**

**AV Shield Round 6 - Bendigo Zone, La Trobe University Track, Bendigo**

A few extra walkers at Bendigo as Zahra Hayes 7:18.50 and Ebony Whiley 18:29.54 took line honours.

**3000m Walk**

1.	Ebony Whiley	WU20	EAG	18:29.54
2.	John Watson	M60+	BYM	22:59.29
3.	Annette Curtis	W50+	SBE	22:28.33

**1500m Walk**

1.	Zahra Hayes	WU14	SBE	7:18.60
2.	Madison Hill	WU14	SBE	8:43.01
3.	Lisa Minchin	W40+	SBE	11:15.85
4.	Norm West	M40+	SBE	11:44.55

**AV Shield Round 6 - Ballarat Zone, Llamberris Reserve, Ballarat**

Kelly Ruddickw as in rampaging form in Ballarat with 13:16.21 while young Ross Darlow, fresh from his Falls Creek camp, also walked excellently for 14:41.32.

**3000m Walk**

1.	Kelly Ruddick	WOP	BHA	13:16.21
2.	Ross Darlow	MU16	EKA	14:41.32
3.	Kobie Somerfield	WU18	BHA	17:05.28
4.	Amy Canavan	WU14	EKA	19:11.64
5.	Kevin Ruddick	MOP	BHA	20:32.31

**1500m Walk**

1.	Caytlyn Sharp	WU14	EKA	11:50.17
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**AV Shield Round 6 - Geelong Zone, Landy Field, Geelong**

Finally to Geelong where Thomas Mirarchi was the only one waving the flag for the walkers!

**1500m Walk**

1.	Mirarchi, Thomas	13	COR	11:33.51
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**ATHLETICS SA INTERCLUB, SANTOS STADIUM, MILE END, ADELAIDE, SATURDAY 11 JANUARY**

Thanks to Kim Mottrom for the latest results from Adelaide. He commented: *We had a warm day here but quite a few walkers for our first race of 2014.* Kim has obviously pulled up well from his 50km walk last month and he was the fastest with 13:08.88.

**Open 3000m Walk**

1.	Kim Mottrom	13:08.88
2.	Justin Hill	14:18.21
3.	Megan Szirom	14:45.97
4.	Jemma Potezny	15:23.65

5.	Troy Hooker	15:52.54
6.	Peter Crump	16:41.12
7.	Rhiannon Lovegrove	17:34.25
8.	Danielle Walsh	17:38.67
9.	Jake Vidler	17:39.57
10.	Sarah Damin	17:43.11
11.	Neve Goodrem	18:21.92
12.	Jessica Hahn	19:57.64
13.	James Hoare	21:32.16

#### 1500m Walk

1.	Alix Harlington	7:52.17
2.	Jayden Goode	8:08.75

### RWCWA ROAD WALKS, WILSON, PERTH, SUNDAY 12 JANUARY

Thanks to Rick Cattermole for the latest results from Perth. He reported: Whew! 41°C did not deter members of the RWCWA from racing this morning at Wilson ... by start time it was already 37°C. With Vanessa Brown and Summer Brown racing for the first time for around 9 months or so with knee and heel injuries (plus a broken arm for Summer), it was not a bad turnout. With Masters walkers Szelka Kezic and Karin Curry starting with a "casual" 1000m (and maybe next time a return of Janine Butler) it was a good mix of all ages!

#### 5km open

1.	Daniel Lowe	31.12
2.	Christopher Gerken	35.59
	Caitlin Gerken	DNF

#### 3km open

1.	Breanna Brown	19.30
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#### 1.5km open

1.	Vanessa Brown	8.28
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#### 2km open

1.	Simeon Leatherland	9.19
2.	Summer Brown	11.56
3.	Michelle Butler	13.14
4.	Timothy Kezic	13.43
5.	Ryan Kezic	14.33
6.	Tina Kezic	14.35
7.	Jaymee Curry	DNF

### QA ALL COMERS MEET, UQ ATHLETICS CENTRE, BRISBANE, SUNDAY 12 JANUARY

Alas, very few walkers in action in Brisbane where it was left to the U15 walkers to represent us.

#### 3000 Metre Walk

1.	Stovin, Jamison	M13	GCV	17:49.50
2.	Sims, Riley	W14	ATN	19:29.46
3.	Haig, Callum	M14	USC	19:50.95

### OCEANIA MASTERS CHAMPIONSHIPS, BENDIGO, 4-12 JAN 2014

The remaining walks have now been completed at the Oceania Masters Games in Bendigo, with 3000m championships on Wednesday and 5000m championships on Friday. Once again, the fields included a good smattering of NZ walkers and some great performance from the likes of Heather Carr, Ann Staunton-Jugovic, Barb Bryant, Jacqueline Wilson, Marlene White, Dean Nipperess, Colin Heywood, David Smyth, Simon Evans, George White and Ralph Bennett, to name a few.

#### 3000m Track Walks, Wednesday 8 January

W35	1	McLennan, Laura	W37	AUS	20:43.03
W45	1	Minchin, Lisa	W49	AUS	23:14.01
W50	1	Staunton-Jugovic, Ann	W50	AUS	15:41.80
W55	1	Bryant, Barb	W59	AUS	17:35.60
	2	Large, Theresa	W57	NZL	19:37.60
	3	Curtis, Annette	W57	AUS	22:09.24
W60	1	Carr, Heather	W64	AUS	16:34.62
	2	Hoskin, Sue	W62	NZL	19:44.54
	3	Miratana, Sheryl	W64	NZL	22:54.67
W65	1	Wilson, Jacqueline	W67	NZL	18:41.98
	2	White, Marlene	W65	NZL	18:42.13
	3	Morrison, Barbara	W65	NZL	19:26.75
	4	Johnson, Celia	W66	AUS	21:05.83

	5	Trengrove, Margaret	W69	AUS	21:11.66
W70	1	Jones, Daphne	W72	NZL	21:21.52
	2	Schickert, Lynne	W72	AUS	22:28.42
	3	Hugo, Beverly	W73	AUS	23:48.34
W75	1	Beaumont, Margaret	W75	AUS	25:23.21
	2	Case, Val	W76	AUS	28:43.73
	3	Mews, Pam	W79	AUS	32:53.46
M40	1	Nipperess, Dean	M42	AUS	13:11.45
	2	Smyth, David	M44	AUS	15:45.09
M45	1	McFadden, Robert	M47	AUS	17:23.85
M50	1	Evans, Simon	M53	AUS	15:20.97
M55	1	Heywood, Colin	M59	AUS	15:31.43
	2	Fox, Peter	M59	NZL	15:42.78
M60	1	Kemsley, Eric	M62	NZL	16:15.57
	2	Barrow, Geoff	M64	AUS	19:13.41
	3	West, John	M63	AUS	22:05.21
M65	1	White, George	M68	AUS	16:53.88
M70	1	Johnson, Tony	M73	AUS	19:15.68
	2	West, Norman	M72	AUS	23:22.29
M75	1	Major, Geoffrey	M77	AUS	24:11.05
	2	Beaumont, Ian	M77	AUS	25:14.21
M80	1	Silcock-Delaney, Colin	M81	AUS	22:18.98
	2	Hall, Ray	M80	AUS	22:20.09

#### 5000m Track Walks, Friday 10 January

W45	1	Minchin, Lisa	AUS	39:27.24
W50	1	Staunton-Jugovic, Ann	AUS	27:15.97
W55	1	Bryant, Barb	AUS	30:12.94
	2	Large, Theresa	NZL	34:15.40
W60	1	Carr, Heather	AUS	29:15.16
	2	Thompson, Alison	AUS	30:39.53
	3	Miratana, Sheryl	NZL	38:40.17
W65	1	White, Marlene	NZL	32:06.58
	2	Wilson, Jacqueline	NZL	32:08.32
	3	Morrison, Barbara	NZL	33:15.86
	4	Trengrove, Margaret	AUS	35:45.00
	5	Johnson, Celia	AUS	35:52.75
W70	1	Jones, Daphne	NZL	36:18.18
	2	Schickert, Lynne	AUS	37:54.32
	3	Hugo, Beverly	AUS	40:19.12
W75	1	Beaumont, Margaret	AUS	44:12.95
	2	Case, Val	AUS	49:45.91
	3	Mews, Pam	AUS	53:08.38
M40	1	Smyth, David	AUS	27:35.82
	-	Nipperess, Dean	AUS	DQ
M45	1	Christmass, James	AUS	25:00.65
	2	McFadden, Robert	AUS	30:26.13
M50	1	Evans, Simon	AUS	26:04.32
M55	1	Heywood, Colin	AUS	26:42.71
	-	Fox, Peter	NZL	DQ
M60	1	Kemsley, Eric	NZL	27:58.46
	2	Barrow, Geoff	AUS	33:27.98
	3	West, John	AUS	35:45.79
M65	1	White, George	AUS	28:44.91
M70	1	Bennett, Ralph	AUS	28:53.80
	2	Johnson, Tony	AUS	33:50.01
	3	West, Norman	AUS	40:21.24
M75	1	Trengrove, Colin	AUS	38:19.50
	2	Major, Geoffrey	AUS	39:07.56
M80	1	Silcock-Delaney, Colin	AUS	39:20.71
	2	Hall, Ray	AUS	39:22.41



## INDOOR TRACK WALKS, BANSKÁ BYSTRICA, SLOVAKIA, FRIDAY 7 JANUARY

Fast walking by Matej Toth, Anton Kuchmin and Victoria Madarasz in Slovakia a week ago.

### Men's 5000m Race Walk indoor

1.	Matej TÓTH	SVK	83	19:17.8
2.	Anton KUČMÍN	SVK	84	19:37.1
3.	Sándor RÁCZ	HUN	86	20:29.6
4.	Martin TIŠŤAN	SVK	92	22:04.8

### Women's 3000m Race Walk indoor

1.	Viktória MADARÁSZ	HUN	85	12:56.7
2.	Nikoleta ABBATANTUONO	SVK	97	15:48.2
3.	Mária CZÁKOVÁ	SVK	88	13:01.5
4.	Monika HORNÁKOVÁ	SVK	95	14:30.9
5.	Radoslava PILIAROVÁ	SVK	96	15:05.3

## CHUVASHIA CUP, NOVOCHEBOKSARSK, SATURDAY 11 JANUARY

Thanks to Walk Central (see <http://www.walkcentral.com/chuvashia-cup.php>) for their report on the Chuvashia Cup, contested in Novocheboksarsk last Saturday.

Today saw the Russians take to the track for the Chuvashia Cup where fast times were the order of the day with the men fighting it out over 5,000m and the women tackling 3,000m.

### Women's 3000m Race Walk indoor

It was up to the women to set the standard for the day. Ten athletes took to the startline but as the gun went, it was clear that former World Youth champion Vera Sokolova wasn't going to give anyone a chance to ease into this one. She headed to the front and set a crushing pace with only 3 others able to match it, Irina Yumanova, Svetlana Vasileva and Marina Pandakova. For lap after lap Sokolova pressed at the front without shifting anyone from the lead pack. Eventually it came down to a 2 lap burn up. Yumanova was the first to attack for home and it paid off and she finally got a two stride advantage going into the final straight to take the victory in 11:56.59, a time fast enough to go 11<sup>th</sup> on the world all-time list. Sokolova lost out on a podium place in an almost blanket finish for the next three athletes. Vasileva was given 2<sup>nd</sup> in 11:57.71 with Pandakova less than 2 tenths behind in 11:57.89. Sokolova was given 11:58.44.

1.	Irina YUMANOVA	RUS	90	11:56.59
2.	Svetlana VASILYEVA	RUS	92	11:57.71
3.	Marina PANDAKOVA	RUS	90	11:57.89
4.	Vera SOKOLOVA	RUS	87	11:58.44
5.	Sofiya BRODATSKAYA	RUS	94	13:05.67
6.	Alena KHRAMOVA	RUS	93	13:18.43
7.	Kristina MIKHAYLOVA	RUS	92	13:18.44
8.	Valentina SMARKALOVA	RUS	91	13:59.36
9.	Olga STEPANOVA	RUS	91	14:10.30

### Men's 5000m Race Walk indoor

The men's event was equally aggressive with Andrei Ruzavin again going to the front to push the pace. However, this time it was soon apparent that nobody was able to go his blistering pace. After 2000m Ruzavin was truly on a solo mission and the only question was how fast he would go. Indeed Ruzavin was not to be outdone and finished in a time of 18:26.51 and would join Yumanova's achievement to go to 11<sup>th</sup> on the world all-time list. Second place went to Alexander Yargunkin who just cracked the 19min barrier with 18:57.37 with Petr Trofimov completing the podium in 19:00.48. 50km Mikhail Ryzhov, the silver medalist from last year's World Championships, took 4th in 19:16.44 while Kirill Frolov would be the only other athlete to break 20min with 19:28.30.

1.	Andrey RUZAVIN	RUS	86	18:26.51
2.	Aleksandr YARGUNKIN	RUS	81	18:57.37
3.	Pyotr TROFIMOV	RUS	83	19:00.48
4.	Mikhail RYZHOV	RUS	91	19:16.44
5.	Kirill FROLOV	RUS	93	19:28.30
6.	Edikt KHAYRULLIN	RUS	89	20:06.57
7.	Aleksandr NAZAROV	RUS	94	20:19.80
8.	Andrey KRIVOV	RUS	85	20:22.84
9.	Sergey KOREPANOV	RUS	84	20:26.31
10.	Sergey SHARYPOV	RUS	92	20:36.32
11.	Aleksey ARKHIPOV	RUS	88	20:36.89
12.	Artur NIKOLAYEV	RUS	92	21:29.13

13.	Nikolay NIKOLAYEV	RUS	93	21:39.77
14.	Dmitriy BRAKIN	RUS	92	21:40.21
15.	Aleksandr IVANOV	RUS	94	22:01.13
16.	Sergey PARSHAKOV	RUS	91	22:43.92

### JOHN EVANS 50, HOUSTON, TEXAS, SATURDAY 11 JANUARY 2013

The recent dreadful USA weather of the last few weeks continued with the course for the annual John Evans 50km meet under water with only one day to go. This necessitated a frantic search for an alternative course and the appropriate permissions so that any sub-4:35 times could be used for World Cup qualifying purposes. Once the race finally got underway, Ray Sharp set a low-4:20s pace through the halfway point and built up a big lead over second placed Dave Talcott. Eventually Sharp slowed, finishing a bare 2 minutes ahead of Talcott with a time of 4:53:45. Full results follow

#### 50km Walk

1.	Ray Sharp		Pegasus AC	4:53:45
2.	Dave Talcott	M53	NY, Shore AC	4:56:08
3.	Vlado Haluska	M61	NY, unat	5:49:21
4.	Bruce Logan	M49	NY, Park Racewalk	6:24:17

#### 5km Walk

1.	Jonathan Aguilar	M13	TX, South Texas WC	28:31
2.	Camila Vicens	F11	TX, Track Houston	29:21
3.	Julisa Juarez	F14	TX, South Texas WC	32:12
4.	Lily Stoneman	F11	TX, Northwest Flyers	34:03
5.	Itzel Gonzalez	F17	TX, South Texas WC	34:17
6.	Janet Jones	F56	TX, unat	36:36
7.	Nancy Johnson	F66	TX, unat	47:43

#### 10km Walk

1.	Matias Serna	M15	TX, South Texas WC	1:01:13
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### CAMBRIDGE HARRIERS WINTER RACE WALKING LEAGUE, CAMBRIDGE, SAT 11 JANUARY

Cameron Corbishley was the star of the latest Cambridge Winter League roadwalks with his 5km time of 22:10.

#### 5km Men

1.	Cameron Corbishley (U20M)	Medway & Maidstone AC	22:10
2.	Luc Legon (U17M)	Cambridge Harriers	24:05
3.	Francisco Reis	Ilford Athletic Club	24:33
4.	Christopher Hobbs	Ashford Athletic Club	25:22
5.	Steve Uttley	Ilford Athletic Club	26:06
6.	John Hall	Belgrave Harriers	27:11
7.	Timothy Snook (U17M)	Aldershot Farnham District	27:12
8.	Malcolm Martin	Surrey Walking Club	28:18
9.	Dan Maskell	Surrey Walking Club	30:16
10.	Shaun Lightman	Surrey Walking Club	30:43
11.	Paul King	Belgrave Harriers	30:55
12.	Peter Hannell	Surrey Walking Club	31:52
13.	Christopher Flint	Surrey Walking Club	32:26
14.	Michael Barnbrook	Ilford Athletic Club	34:31
15.	Peter Cassidy	Loughton Athletic Club	36:09
16.	David Ainsworth	Ilford Athletic Club	40:09
	Trevor Sliwerski	Surrey Walking Club	DQ

#### 5km Women

1.	Sophie Lewis Ward (U17W)	Cambridge Harriers	26:48
2.	Penelope Cummings	Aldershot Farnham & District AC	29:02
3.	Maureen Noel	Belgrave Harriers	30:28
4.	Indigo Burgin (U17W)	Cambridge Harriers	30:58
5.	Sue Davies	Aldershot Farnham & District AC	31:07
6.	Angela Martin	Surrey Walking Club	33:27
7.	Geraldine Legon	Bexley Athletic Club	34:56

#### 2.5km Boys

1.	Christopher Snook (U15B)	Aldershot Farnham & Dist	13:06
2.	Colin Zack (U15B)	Aldershot Farnham & Dist	14:14

### 2.5km Girls

1.	Evie Butcher (U15G)	Cambridge Harriers	14:34
2.	Lucy Lewis Ward (U13G)	Cambridge Harriers	15:08
3.	Emily Ghose (U17W)	Tonbridge Athletic Club	15:56
4.	Jacqueline Benson (U15G)	Ashford Athletic Club	18:06

## ROADWALKS, KĖDAINIAI, LITHUANIA, SATURDAY 4 JANUARY

It is always risky holding an outdoor roadwalk meet at this time of the year in northern Europe and this traditional meet in Kėdainiai, Lithuania, has been marred in the past by temperatures well below zero and snow. This year, despite the temperature of 5°C, all went well and there were even a number of Olympians present in the field to add extra quality. Marius Žiukas won the 10km men's race with 41.57 and Brigita Virbalytė won the 5km women's race with 22:02. Thanks to oMarchador for these results (see <http://omarchador.blogspot.pt/2014/01/ano-novo-em-kedainiai-lituania.html>).

### 10km Men

1.	Marius Žiukas	1985	Prienų KKSC	41.57
2.	Ričardas Rekst	1987	Vilnius	43.58
3.	Tomas Pagirys	1996	Prienų KKSC	50.00
4.	Martynas Jarusevičius	1996	Alytus	50.01
5.	Arnoldas Budrys	1996	Kėdainiai	50.05
6.	Evaldas Silčenko	1992	Vilnius	52.42

### 5km Women

1.	Brigita Virbalytė-Dimšienė	1985	Vilnius	22.02
2.	Agnė Klebauskaitė	1992	Alytus	26.13
3.	Austėja Kavaliauskaitė	2000	Kėdainiai	27.09
4.	Sandra Laurynaitė	1997	Kėdainiai	28.14
5.	Justė Bilevičiūtė	1999	Kėdainiai	29.01
6.	Aušrinė Kuzminskaitė	1998	Kaunas	29.03
7.	Greta Kviklytė	1996	Kaunas	29.14
8.	Rita Andriejėva	1991	Kaunas	30.09
9.	Ieva Šukevičiūtė	1996	Prienų KKSC	30.14
10.	Gražina Goštautaitė	1973	Prienų KKSC	31.11

## ALGARVE ROADWALK CHAMPIONSHIPS, QUARTEIRA, PORTUGAL, SATURDAY 11 JANUARY

Ana Cabecinha and Fabio Conceicao won the Algarve roadwalking championships, held in Quarteira, Portugal, over a 1km circuit last Saturday but it was actually Finnish walker Aleksis Ojala who was first to cross the finishing line in the men's race. A number of the walkers went on to record 10km and 15km times and these are also shown in the results.

See <http://omarchador.blogspot.pt/2014/01/ana-cabecinha-e-fabio-conceicao-com.html>.

### 5km Women

1.	Ana Cabecinha	1984	CO Pechão	23.25	1 Senior	10 km 46.49	
2.	Anne Halkivaha	1986	Finland extra	24.21	2 Senior	10 km 49.37	
3.	Edna Barros	1996	CO Pechão	25.00	1 Junior		
4.	Filipa Ferreira	1994	CO Pechão	25.40	3 Senior		
5.	Carolina Costa	1998	CO Pechão	26.25	1 Juvenile		
6.	Liandra Gonçalves	1996	CO Pechão	26.48	2 Junior		
7.	Laura Leal	1996	CO Pechão	27.24	3 Junior		
8.	Marta Leal	1997	CO Pechão	28.12	2 Juvenile		
9.	Anabela Moreira	1970	CO Pechão	29.05	1 Veteran		
10.	Andreia Francisco	1991	CB Benfica Faro	30.54	4 Senior	10 km 1.02.30	15 km 1.34.53
11.	Inês Estrela	1998	CO Pechão	32.16	3 Juvenile		
12.	Rafaela Sancadas	1998	CD Quarteira	32.44	4 Juvenile		
13.	Vanessa Conduto	1995	NDE Tomás Cabreira	36.51	4 Junior		
14.	Melissa Sena	1998	CD Quarteira	39.36	5 Juvenile		
15.	Helena Rodrigues	1960	ADEC Tunes	40.55	2 Veteran		
16.	Verónica Camilo	1995	ADEC Tunes	44.05	5 Junior		

### 5km Men

1.	Aleksis Ojala	1992	Finland extra	21.37	1 Senior	10 km 43.50	15 km 1.06.28
2.	Dionísio Ventura	1979	CIAIA extra	23.25	2 Senior	10 km 46.49	
3.	Tomo Viljanen	1978	Finland extra	23.36	3 Senior	10 km 47.24	15 km 1.10.56
4.	Fábio Conceição	1993	CO Pechão	24.49	4 Senior	10 km 49.44	15 km 1.13.46
5.	Grigore Navin	1995	NDE Tomás Cabreira	24.58	1 Junior		
6.	Daniel Sousa	1965	Individual	25.08	1 Veteran		

7.	Diogo Livramento	1996	CRD Santaluziense	27.49	2 Junior
8.	Artur Domingos	1997	CD Quarteira	30.53	1 Juvenile
9.	Ricardo Castro	1991	CD Quarteira	33.00	5 Senior

## OUT AND ABOUT



First a photo from last Sunday when our intrepid visiting cameraman Peter Ryan captured Jesse Osborne and Chris Erickson out for a long walk along the beachside cycle paths in Elwood, accompanied by former AIS walks coach Brent Vallance. They could be twins!

And now to a few links to complete the report.

- First to a racewalking Youtube song that Adam Garganis has pointed out. It's a beauty, put out by a group called 'Band of Racewalkers' in 2007. Talk about catchy! See [https://www.youtube.com/watch?v=g4J\\_UJGQdCw](https://www.youtube.com/watch?v=g4J_UJGQdCw)
- Next, to WalkCentral which has publicised the official IAAF launch of the the 2014 Race Walking World Cup, to be held in Taicang in China in early May. See <http://www.walkcentral.com/taicang-official-launch.php>
- WalkCentral also reports that two racewalkers are in contention for the European athlete of the month awards for December - the two nominations are Spanish Junior walker Marc Tur and Ukrainian Open walker Ihor Hlavan. See <http://www.walkcentral.com/european-athlete-of-the-month-december-2013.php>

## END OF YEAR STATISTICAL REVIEWS

Late last week, all-athletics.com announced their 2013 Race Walkers of the Year and Australian Jared Tallent ranks in two categories - World and Oceania best (see <http://www.all-athletics.com/en-us/2014-01-07/race-walkers-year-2013>). The full list reads as follows:

World:	Male:	Jared Tallent (Australia)
	Female:	Anisiya Kornikova-Kirlyapkina (Russia) and Yelena Lashmanova (Russia) - tied
Africa:	Male:	Hatem Ghoulia (Tunisia)
	Female:	Grace Wanjiru Njue (Kenya)
Asia:	Male:	Yusuke Suzuki (Japan)
	Female:	Hong Liu (China)
Europe:	Male:	Mikhail Ryzhov (Russia)
	Female:	Anisiya Kornikova-Kirlyapkina (Russia) and Yelena Lashmanova (Russia) - tied



North and Central America:	Male:	Inaki Gomez (Canada)
	Female:	Mirna Sucely Ortiz Flores (Guatemala)
Oceania:	Male:	Jared Tallent (Australia)
	Female:	Tanya Holliday (Australia)
South America:	Male:	José Montana (Colombia) and Caio Oliveira De Sena Bonfim (Brazil) – tied
	Female:	Sandra Lorena Arenas (Colombia)

The Athletes of the Year are determined based on the All-Athletics.com Overall Rankings dated 31 December 2013.

**VRWC FALLS CREEK CAMP UPDATE**

Our annual VRWC Falls Creek camp has now completed for another year. We packed up our bags last Friday morning and returned to our respective bases in Melbourne, Ballarat, Sydney and Brisbane after 13 days of great training and great fun. My own thanks to Simon and Alison Baker, Sabrina and Graham George and visiting UK walker Peter Ryan who all helped ensure that the camp was a huge success. A few final photos to complete the review.



**Underway for our final walk of the camp**



**Left: Jesse ponders a cold and foggy start  
Middle: Hayley, Stephanie, Jesse and Kirsty step it out  
Right: Are they catching me yet?**





**Final proof we were all at Falls Creek!**



**Mist rises off the Rocky Valley Reservoir as we drive down for an early morning training session**



**The camp takes its toll on the oldest and youngest camp members!**



## WORLD YOUTH OLYMPIC GAMES, NANJING, CHINA, 16-28 AUGUST 2014

The oMarchador blog (see <http://www.omarchador.blogspot.pt/2014/01/jogos-olimpicos-da-juventude-2014.html>) gives details about the Youth Olympic Games (Summer) which will take place in August this year in Nanjing, China. It is open to athletes born in 1997 and 1998 (ages 16 and 17) and promises to showcase some of the top young competitors from around the world. The Games were first held in Singapore in 2010 when 540 athletes were selected based on results achieved in qualifying rounds in the five continental areas in the period from March to June. Area teams are restricted but there are 10,000m walks for boys and 5000m walks for girls on offer.

In the 2010 Games, the walks were of a high standard with representatives from virtually every continent in the first eight places. In the men's competition, Ihor Lyashchenko (Ukraine) won with 42:43.93, followed by Oscar Villavicencio (Ecuador) with 43:46.00, and Pavel Parshin (Russia) with 44:18.04. In the women's walk, Anna Clemente (Italy) triumphed with a time of 22:27.38, Yanxue Mao (China) was second with 22:29.42 and Nadezda Leontyeva (Russia) third with 22:35.05.

The Athletics Australia selection policy is still sitting with the Australian Olympic Committee but it has been confirmed to me that the selection trials will be the Junior Nationals in Sydney (U18 age group). Australia currently has only 8 quota spots but we may get more. There are no selection standards and AA will rank the best athletes and then pick the top 8.

## DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

### 2013/2014 Australian/Victorian Summer Season Key Dates

Sun Jan 19, 2014	AV 5km Roadwalk Teams Championships and VRWC Road Races, Middle Park
Jan 24-26, 2014	Victorian Country T&F Championships, Ballarat
Feb 2, 2014	Australian 20km Race Walking Championships, Hobart (TAS) Incorporating the Oceania Racewalking Cup (Aust vs NZ) and 2014 World Cup trials for 20km/10km
Mar 8-10, 2014	Australian Masters T&F Championships, Hobart. See <a href="http://www.amahobart2014.com.au">http://www.amahobart2014.com.au</a>
Mar 12-16, 2014	5 <sup>th</sup> Australian Junior Athletics Championships, Sydney (NSW)
Sat Mar 29, 2014	Queensland Track Classic, Brisbane (QLD) - 5000m walks
April 3-6, 2014	92 <sup>nd</sup> Australian Athletics Championships, Melbourne (VIC) - 10,000m walks

### 2014 International Fixture

Mar/Apr 2014	<b>World Masters Indoor Championships, Budapest, Hungary</b>
May 3-4, 2014	<b>26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China</b>
May 18, 2014	Naumburg International Racewalks, Naumburg, Germany
July 22-27, 2014	<b>15<sup>th</sup> World Junior T&amp;F Championships, Eugene, Oregon, USA</b>
Aug 16-28, 2014	<b>Youth Olympic Games, Nanjing, China.</b> See <a href="http://www.nanjing2014.org/en/">http://www.nanjing2014.org/en/</a>

### 2014 European Athletics Permit Meets

Mar 16, 2014	Lugano Trophy - Memorial Mario Albisetti, Lugano, Switzerland
Mar 22, 2014	Dudinska 50, Dudince, Slovakia
Apr 5, 2014	Grand Prix of Rio Maior, Rio Maior, Portugal
Apr 12, 2014	Podebrady, Podebrady, Czech Republic
Jun 8, 2014	British Grand Prix of Racewalking, York, England
Jun 13, 2014	International Festival of Alytus, Lithuania
Aug 31, 2014	Voronovo Cup, Moscow, Russia

### 2014 IAAF Challenge Series Walks

Feb 2, 2014	Hobart	AUS	Commonwealth & Oceania Championships	C Category
Feb 15-16, 2014	Cochabamba	BOL	South American Race Walking Championships	C Category
Feb 22, 2014	Chihuahua	MEX	IAAF Permit	B Category
Mar 16, 2014	Lugano	SUI	Area Permit	C Category
Mar 16, 2014	Nomi City	JPN	Asian Race Walking Championships	C Category
Mar 22, 2014	Dudince	SVK	Area Permit	C Category
Apr 5, 2014	Rio Maior	POR	Area Permit	C Category
Apr 12, 2014	Podebrady	CZE	Area Permit	C Category
May 3-4, 2014	Taicang	CHN	IAAF World RW Cup	A Category
May 31, 2014	La Coruna	ESP	IAAF Permit	B Category
Aug 10-14, 2014	Marrakech	MAR	African Championships	C Category
Aug 12-27, 2014	Zurich	SUI	European Championships	C Category

### Looking even further forward

July 2015	<b>28<sup>th</sup> Summer Universiade, Gwanju, South Korea</b>
July 2015	<b>9<sup>th</sup> World Youth T&amp;F Championships, Cali, Colombia</b>
Aug 22-30, 2015	<b>15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China</b>

July/Aug 2015	<b>20<sup>th</sup> World Masters T&amp;F Champs Stadia, Lyon, France</b>
May 2016	<b>27<sup>th</sup> IAAF World Race Walking Cup, Cheboksary, Russia</b>
July 2016	<b>16<sup>th</sup> World Junior T&amp;F Championships, ?</b>
Oct 26 -Nov 6, 2016	<b>21<sup>st</sup> World Masters T&amp;F Champs Stadia, Perth, Australia.</b> See <a href="http://www.perth2016.com/">http://www.perth2016.com/</a>
Aug 2016	<b>31<sup>st</sup> Olympic Games, Rio de Janeiro, Brazil.</b> See <a href="http://www.rio2016.org.br/en/Default.aspx">http://www.rio2016.org.br/en/Default.aspx</a>
July 2017	<b>10<sup>th</sup> World Youth T&amp;F Championships, ?</b>
July 2017	<b>29<sup>th</sup> Summer Universiade, Taipei, Taiwan</b>
August 5-13, 2017	<b>16<sup>th</sup> IAAF World Championships in Athletics, London, UK</b>
May 2018	<b>28<sup>th</sup> IAAF World Race Walking Cup, Cheboksary, Russia</b>
July 2018	<b>16<sup>th</sup> World Junior T&amp;F Championships, ?</b>
Apr 4-15, 2018	<b>Commonwealth Games, Gold Coast, Queensland (racewalks on the program).</b> See <a href="http://www.gc2018.com/">http://www.gc2018.com/</a>
2019	<b>17<sup>th</sup> IAAF World Championships in Athletics, ?</b>
July 2019	<b>11<sup>th</sup> World Youth T&amp;F Championships, ?</b>
July 2019	<b>30<sup>th</sup> Summer Universiade, Brasilia, Brazil</b>
July 2020	<b>32<sup>nd</sup> Olympic Games, Tokyo</b>

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